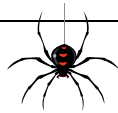


The Grapevine 2011






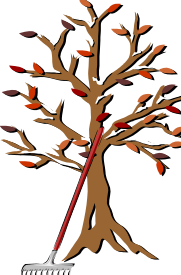









October

Published each month by and for City of Martinsville Employees

City Of Martinsville "Shared Vision" – As Faithful Stewards Of The Public Trust, We Will Create, In Partnership With The Citizens Of Martinsville And The Surrounding Region, A Strong, Innovative, And Unified Community Where Every Citizen May Have The Opportunity To Become Self-Sufficient With Satisfaction, Pride and a High Quality of Life. "A City Without Limits"



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	October is designated as "National Adopt a Shelter Dog Month". The SPCA of Martinsville-Henry County has specials on dog/puppy adoptions all this month. Visit the shelter at 132 Joseph Martin Hwy. Martinsville; call 276-638-PAWS (7297), or go to their website at http://www.spcamhc.org for more information and to view the dogs that are available for adoption. For the cat and kitten lovers among us, there are plenty of those available too!!					1  Octoberfest Uptown Martinsville 11am - 4pm
2	3 DIXIE CLASSIC FAIR DCF Fairgrounds Winston-Salem 	4	5 7:30am Employees' Breakfast with City Manager 	6	7 First Friday Art Walk Studio 107, E Church St Mountain Music Jam at Fieldale Antiques Each Friday at 1pm 8pm Rives Theatre Farewell Drifters	8
9 Virginia is for Racing Lovers 300 Late model stock M'ville Speedway (12 & under FREE)	10  COLUMBUS DAY Native Americans' Day World Mental Health Day CITY HOLIDAY	11 Flu Shop Clinic ~ City Shop ~ 6:45-8am ~ City Hall ~ 8:30-10am No cost to full-time employees and retirees; part-time employees \$17. 7:30pm City Council Mtg.	12 	13 Kiwanis Pancake Day 6:30am - 7:00pm 11:30am-1:00pm City Hall Employee Lunch (City Hall, Fire, Police & Constitutionals) 6-9pm El Norteno PH Mall Live Mariachi Band	14 National Boss Day 6:30 PM Music Night Spencer-Penn Ctr sponsored by Roscoe Reynolds Law Office; feat. Howell Osborne Band; Campus Tradition; Zephyr Lightning Bolts	15 10am Apple Dumpling Festival, S. Main St., Stuart 5pm Chili Cook Off & Cruise-In Starling Ave  5:30-9PM Bluegrass at the Rives, featuring Southern Gentlemen 1:00pm Smith River Overnight Float
16  Smith River Overnight Float NATIONAL FERAL CAT DAY Anything in a trap will be fixed free at the local SPCA!	17 ADHD Awareness Week October 16-22 	18 Senior Bus Trip Barn Dinner Theatre Greensboro; lunch matinee Groovin' Call 403-5260 for price and reserv. (chartered bus)	19 Michelle Hartman Anthem rep onsite 10-11am Drop-in Health Screening Senior Center Lunch with City Manager Room 32 11:30-1pm	20 Theatre Works presents  October 20-22	21 CITY SCHOOLS CLOSED Professional Development Day	22 All day event-- 38th Annual Blue Ridge Folk Life Festival at Ferrum College; rain or shine. Adm \$10 (Kids & seniors \$5); Free Parking. 9AM Registration 14th Annual Great Goblin Gallop 5K Run/Walk (around Lake Lanier) 
23	24	25 7:30pm City Council Mtg.	26	27 	28 Sprint Cup & Truck Series Practice Day at Speedway	29 Qualifying and KROGER 200 Truck Race M'ville Speedway 10am-2pm Fall Book Festival at Binding Time feat. local authors
30 TUMS FAST RELIEF 500 NASCAR Sprint Cup Series Race M'ville Speedway	31  Trick or Treat! Halloween					

Celebrating Birthdays in October:

5	Reggie	Gravely	Police Dept
5	Terry	Layman	Wastewater Plant
6	Chad	Rhoads	Police Dept
7	Joyce	Jackson	Purchasing
8	Cecil	Lowe	Housing
12	Susan	McCulloch	Community Devel
13	Steven	Burgess	Wastewater Plant
14	Darrell	Harris	Wastewater Plant
14	Mildred	Spence	Sheriff - Jail
14	Nathan	Worrell	Street Maint
15	Jerry	Cesar	Sewer Maint
16	Brad	Barker	Sheriff - Jail
16	Bart	Hampton	Sheriff - Jail
17	Robin	Legus	Purchasing
17	Mary Kay	Washington	Accounting
18	Kris	Bridges	Inspections
19	Mark	Peters	Police Dept
20	Tonya	Rumley	Community Devel
22	Jennifer	Brown	Police Dept
22	Ronald	Nance	Utility Billing
22	Pam	Norman	Sheriff - Jail
23	Andy	Boitnott	Police Dept
27	Joe	Haynes	Fire Department
28	Dawn	Vaughn	Police Dept
29	Cindy	Barbour	Public Works
29	Eddie	Flood	Street Cleaning
30	Sanders	Handy	Park Maint
30	Seth	Kanode	Police Dept
31	Leonard	Carter	Fire Department

Service Milestones for October

William Stultz	Utility Billing	25 Years
Doug Boaz	Utility Billing	20 Years
Nathan Worrell	Public Works	15 Years

Sincere Condolences:

- ~ To Robby Kerrick (Info. Services) whose uncle died September 3rd.
- ~ To Mike Martin (Public Works) whose mother, Mary Martin, passed away on September 15th.
- ~
- ~
- ~

The winner of the September Kroger's gift card is JASON BIGGS, PUBLIC WORKS. Congratulations, Jason! For those of us who haven't won, there are still three chances! ☺

Total Calls Taken In The Month Of August

 **Police – 2324**  **Fire – 44***  **EMS – 242***

* 2 Fire calls + 6 EMS calls-mutual aid to Henry Co. Installed 13 child safety seats; provided Public Fire Safety Education to residents & staff at Spruce Village Apartments and Barrows Mill Road Apartments.

WHAT CAN I DO TO HELP CONTROL HEALTH CARE COSTS?

From recent health insurance meetings, we were made aware of some pretty shocking statistics: The CDC (Centers for Disease Control & Prevention) has determined 74% of American health care costs today are directly related to four conditions: 1) Cardiovascular disease, 2) Cancer, with lung cancer being the leading type, 3) Obesity, and 4) Diabetes. In many cases, these conditions are "self-inflicted damage", according to the CDC. With proper care, diet and exercise, cardiovascular disease is 80% preventable; cancer 60%, and obesity 90% preventable. Still, about 70% of ALL health care costs nationwide today stem from risky lifestyle choices: *tobacco use, excessive alcohol use, poor nutrition, and lack of physical exercise*. These four modifiable health risk behaviors are responsible for 70% of the illness, suffering, and early death related to chronic diseases. *MODIFIABLE ... CHANGEABLE* sounds like something I can actually take control of, doesn't it?! Could I exercise just a few minutes each day? Make healthier food choices? Cut back or stop the use of any tobacco products and alcohol? Not only would I be proactive in controlling the mounting costs of health care, but I would also look and feel better, and probably live a longer, more productive life!

Here are some websites with suggestions for a healthier lifestyle:

- ♥ <http://www.prevention.com/health>
- ♥ <http://www.healthbanquet.com>; <http://www.helpguide.org>
- ♥ <http://www.nlm.nih.gov/medlineplus>
- ♥ http://www.ewh.com/way_5383130_eat-stay-healthy.html

Announcements

~ Andy Phillips (Fire Department) and Rebecca Neely were wed on September 6th. Best wishes to the happy couple!



~ On July 26th, Ronnie Wray (Police Dept) and wife, Crista, celebrated the arrival of their first child, Ronnie Lewis Wray III.



FROM THE ELECTRIC DEPARTMENT: On September 1st, Molly Shelton reported, "Mr. Lemons called from Longview Street to say "Thank You" to the guys (Terry Martin & Steve Janey) who responded so fast to his trouble call yesterday. He really appreciates the quick & professional service he received."

CITY EMPLOYEE APPRECIATION DAY sponsored by CHICK-FIL-A A "BIG THANK YOU" to Donna O'Dell (HR Director) Danny Wulff (Store Manager), Kathy Vernon (HR), and Max Hall (District Manager), and all the employees of Chick-Fil-A at the Liberty Fair Mall for the "Martinsville City Employee Appreciation Day" held on September 13th. Free Chicken nuggets were given to those who stopped by and presented their City ID. Chick-Fil-A also gave us cards for a free sandwich. I hope everyone was able to take part in this expression of kindness and appreciation.